

The Five Truths About Fear **by Susan Jeffers, Ph.D.**

FEAR TRUTH #1

The fear will never go away as long as you continue to grow!

Every time you take a step into the unknown, you experience fear. There is no point in saying, "When I am no longer afraid, then I will do it." You'll be waiting for a long time. The fear is part of the package.

FEAR TRUTH #2

The only way to get rid of the fear of doing something is to go out and...do it!

When you do it often enough, you will no longer be afraid in that particular situation. You will have faced the unknown and you will have handled it. Then new challenges await you, which certainly add to the excitement in living.

FEAR TRUTH #3

The only way to feel better about yourself is to go out and...do it!

With each little step you take into unknown territory, a pattern of strength develops. You begin feeling stronger and stronger and stronger.

FEAR TRUTH #4

Not only are you afraid when facing the unknown, so is everyone else!

This should be a relief. You are not the only one out there feeling fear. Everyone feels fear when taking a step into the unknown. Yes, all those people who have succeeded in doing what they have wanted to do in life have felt the fear - and did it anyway. So can you!

FEAR TRUTH #5

Pushing through fear is less frightening than living with the bigger underlying fear that comes from a feeling of helplessness!

This is the one truth that some people have difficulty understanding. When you push through the fear, you will feel such a sense of relief as your feeling of helplessness subsides. You will wonder why you did not take action sooner. You will become more and more aware that you can truly handle anything that life hands you.

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These five truths about fear have been adapted from *Feel the Fear and Do It Anyway*® and its sequel, *Feel the Fear and Beyond*. Once you have read these books and you feel you need to work to continue working on handling your fears, consider going to a **FEEL THE FEAR WORKSHOP** conducted by a licensed Feel the Fear trainer. These workshops are available in many countries around the world, and all the licensed trainers have been personally approved by Susan.

<https://www.youtube.com/watch?v=o8uIq0c7TNE>

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